

## Claims

What is claimed is:

1. A container for cooking foods that is formed of polyolefin-based sheets in order that foods are heated and cooked by an external heating means; is equipped with an adhesion part that is formed by adhering together the side peripheries of two of said sheets that are overlaid on each other; that includes, as a separate part, a pressure-releasing part that is adhered to said container at an adhesion strength weaker than the adhesion strength of the aforesaid adhesion part; and is constituted in such a way that said pressure-releasing part is pushed open by the vapor pressure that is generated inside the container when it is heated.

2. A container for cooking foods that is constituted in such a way that foods are heated and cooked by an external heating means, and wherein said container comprises: a container body that is formed in such a way that the periphery of the opening of the container body is rimmed; a cover that covers said container body and is adhered to the container body at the periphery of said opening; a pressure-releasing part that is adhered to said container body with a weak adhesion force in such a way that a part of said cover is exfoliated by the vapor pressure that is generated inside the container when it is heated; and a pack, containing liquid seasoning, that is placed on top of said food so as to provide seasoning for said food.

3. A container for cooking foods, as described in Claim 2, but characterized such that said foods are noodles or pasta, and that said container body has a cylindrical shape with a bottom.

4. A container for cooking foods, as described in Claim 2, but characterized such that said foods are *una-ju* (grilled eels and rice in a box) or *unagi-no-kabayaki* (grilled eels in a box), said container body is formed into a box shape, and said cover can be exfoliated at the corners of the container body.

5. A container for cooking foods, as described in Claim 4, but characterized such that said seasoning packet is placed on top of said rice and the eels are placed on top of said seasoning

packet.

6. A container for cooking foods, as described in any of Claims 2–5, but characterized such that said seasoning packet is formed integrally with said cover.

7. A container for cooking foods, as described in any one of Claims 2–7, but characterized such that said seasoning packet is equipped with: a first sheet that has a tab or comparable part that can be gripped by a user's fingers; a second sheet formed so as to be overlaid on said first sheet; and liquid seasoning that is accommodated between said first and second sheets; and also characterized such that an exfoliation part is formed at one part of the periphery of said first and second sheets in such a way as to have a weak adhesion force, so that said exfoliation part can be opened by the vapor pressure that is generated inside the container when it is heated, so that said liquid seasoning can flow out from between said first and second sheets.

8. A container for cooking foods, as described in Claim 7, but characterized such that said tab is formed by folding one part of the upper sheet of the two aforementioned sheets and adhering the folded portion to said upper sheet.

9. A container for cooking foods, as described in any one of Claims 2–7, but characterized such that said seasoning packet is formed of an edible material so that said seasoning packet can be eaten together with the food.

The invention described in Claim 9 is characterized such that said seasoning packet is formed of an edible material so that said seasoning packet can be eaten together with the food.